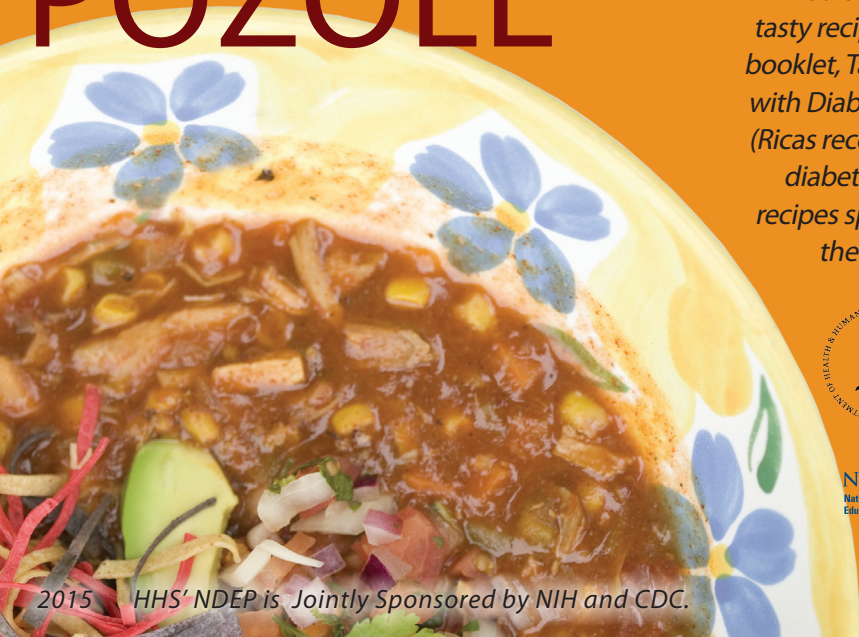


National Diabetes Education Program

# POZOLE

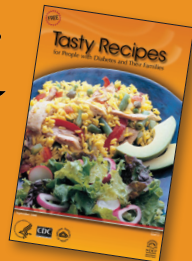


***It's more than food. It's Life.  
Más que comida, es vida.***

Would you like to enjoy other tasty recipes? The NDEP's recipe booklet, *Tasty Recipes for People with Diabetes and Their Families* (Ricas recetas para personas con diabetes y sus familiares), has recipes specifically designed for the Latin American palate.



**NDEP**  
National Diabetes  
Education Program



2015 HHS' NDEP is Jointly Sponsored by NIH and CDC.

NDEP-124

# POZOLE

Only a small amount of oil is needed to sauté meat. Total servings: 8.

## Ingredients:

- 2 pounds lean beef, cubed
- 1 Tbsp. olive oil
- 1 large onion, chopped
- 1 clove garlic, finely chopped
- ¼ tsp. salt
- ⅛ tsp. pepper
- ¼ cup fresh cilantro, chopped
- 1 can (15 ounces) stewed tomatoes
- 2 ounces tomato paste
- 1 can (1 pound 13 ounces) hominy

## Directions:

- In a large pot, heat olive oil. Add beef and sauté.
- Add onion, garlic, salt, pepper, cilantro, and enough water to cover meat. Stir to mix ingredients evenly. Cover pot and cook over low heat until meat is tender.
- Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
- Add hominy and continue cooking another 15 minutes, stirring occasionally. If too

thick, add water for desired consistency.

**Option:** Skinless, boneless chicken breasts can be used instead of beef cubes.

Exchanges:	Nutrition facts: Pozole		Amount per serving	
Meat 3    Vegetables 1	Serving Size.....1 cup		Calories.....220    Calories from fat.....70	
Bread ½    Fat 1	% Daily Value (DV)*	Sodium 390mg.....	Vitamin A.....	4%
Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.	Total Fat 7g.....11%	Total Carbohydrate 17g.....6%	Vitamin C.....	10%
	Saturated Fat 2g.....10%	Dietary Fiber 3g.....12%	Calcium.....	4%
	Trans Fat 0g	Sugars 5g	Iron.....	15%
	Cholesterol 70mg.....23%	Protein 21g	*Percent Daily Values are based on a 2,000 calorie diet.	

Order or download copies of the Más que comida, es vida. materials and the recipe booklet at [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep), or call 1-888-693-NDEP.